

Otter Tail County Senior Services Resource Directory

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(updated 12/28/2011)

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This directory was created through the cooperation of the Senior Services Network and Otter Tail County Human Services. We apologize for any errors or omissions that may be contained within it. Otter Tail County is lucky to have a multitude of service providers, many of whom are represented in this directory. They have joined together to build and provide a caring network of information, education, and referral services for seniors and their families.

Should you have any questions about housing options, services, funding assistance, or have amendments to this directory, please feel free to call Otter Tail County Human Services at 218-998-8150 for information. Newest version of this guide can be downloaded at:

<http://www.co.otter-tail.mn.us/humanservices/seniordirectory/>

Financial Assistance and Legal Aid/Vulnerable Adult Reporting

First Call for Help 218-736-2856 1-800-543-7709

Comprehensive information and referral services for all services, part of a statewide system

Legal Services of Northwest Minnesota 1-800-450-2552

1114 Broadway, Alexandria, MN 56308

Handle cases for 60+ seniors regarding such things as Medicare, Medical Assistance, Insurance, Social Security, Supplemental Security Income, Consumer complaints, Living Wills, Advanced Directives. (Not criminal cases or fee-generating cases.)

Otter Tail County Financial Services 218-998-8230

535 West Fir, Fergus Falls, MN 56537

Food Stamps, General Assistance, Medical Assistance, Minnesota Supplemental Assistance, Prescription Drug Program

Otter Tail County Human Services 218-998-8150

530 West Fir, Fergus Falls, MN 56537

Information on housing and other options, referrals, Long Term Care Consultations to assess needs and discuss options, Vulnerable Adult services, and information about programs to help pay for community based services. (For example, a senior may be eligible for an Alternative Care Grant if 6 months income (minus prescriptions and supplement premiums) plus counted assets are less than \$25,000. For those on Medical Assistance, the Elderly Waiver may apply)

Otter Tail Public Health Dept 218-998-8320

560 West Fir, Fergus Falls, MN 56537

PCA Assessments, Nursing Home telephone consultations Coordinator on Aging, Lyle Hoxtell provides information on prescription drug plans, patient rights, health care directives, scams (218) 998-8340

Otter Tail-Wadena Community Action Council

125 Lincoln Ave W #4

218-739-3011 or 1-800-450-2900

Fergus Falls, MN 56537

Or

109 South Walker Ave.

218-385-2900 or 1-800-450-2900

New York Mills, MN 56567

Budget Counseling, Form Completion assistance, Fuel Assistance, Home Modification aid, Income Tax Form Completion assistance, weatherization, Retired and Senior Volunteer Program (RSVP)

Senior Linkage Line

1-800-333-2433

Information and referral services and advocacy for seniors.

Call for assistance with completing an Extra Help application or for help understanding the Medicare prescription drug benefit. Help is available over the phone or in person. The Senior LinkAge Line is a free service of the Minnesota Board on Aging, as well as the Minnesota State Health Insurance Assistance Program (SHIP). Specialists provide one-to-one assistance with all Medicare and health insurance issues and also provide in-depth long-term care options counseling. **Your Otter Tail County contact is the Public Health Coordinator on Agency at 218-998-8340.**

Social Security Administration

1-800-772-1213

1023 W Lincoln, Fergus Falls, MN 56537

Social Security benefit info, Medicare, Supplemental Security Income

Veteran Services

218-998-8605

Court House, Fergus Falls, MN 56537

Assistance for eligible veterans to secure benefits, transport veterans to and from Veteran's Hospital appointments

Vulnerable Adult Reporting

218-998-8166

To make a confidential Vulnerable Adult report for concerns you may have about a person experiencing abuse, neglect, self-neglect, or financial exploitation, please call the Otter Tail County common entry point, 218-998-8166

West Central Area Agency on Aging

218-739-4617 or 800-333-2433

313 S Mill Street, Fergus Falls, MN 56537

Links people to information and assistance that they need.

West Central Office of Ombudsman for Long-Term Care

Ann Home, Regional Ombudsman- direct (320) 273-2364 or (St. Paul Office) 1-800-657-3591

E-mail Address: Ann.Home@state.mn.us

Website: www.mnaging.org

The Ombudsman is an independent government official responsible for working with consumers, concerned citizens, long-term care providers, housing with services providers, assisted living providers, adult foster care providers, boarding care homes, home care agencies, hospitals and public agencies to enhance the quality of care and quality of life of older individuals receiving health care services or supportive services at home.

HOSPICE

Hospice care is designed to provide end of life care and support to patients and their families.

Name: **Lakeland Hospice and Home Care**
Phone: 218-998-1400

Name: **Hospice of the Red River**
Phone: 218-847-9493 or toll free 877-298-3264

Name: **Tri County Hospice and Home Care**
Phone: 218-631-7480

Home Health Care, Chores, Homemaking Services

Free initial assessment visits are available

Name: **Care 2000 Home Health Care Services**
Phone: 218-736-0246 or 877-736-0246 Toll free 119 E Lincoln, Fergus Falls Or 218-233-1000 Branch office in Moorhead, MN
Clientele: All ages in Otter Tail County and surrounding counties
Payment: Medicare, Medical Assistance, Vet. Adm., Elderly Waiver, Alternative Care, CADI, private insurance, private pay
Services: Include Skilled Nursing intermittent visits, private duty nursing, medication set-ups, IV Therapy, wound care, evaluation, & monitoring; Physical, Occupational, & Speech Therapy; Medical Social Work; Home Health Aide help with activities of daily living, personal hygiene, hair-nail-skin care, transferring, walking, nutrition; Personal Care Aide services; Respite; Homemaking; 24 hrs seven days per week; Assisted Living Services: Riverview Heights, Fergus Falls, Riverview Manor, Sauk Centre, MN, Houge Estates, Dilworth, Mn

Name: **Caring Hands Home Care Inc.**
Phone: 218-837-5572 or 1-888-5572 toll free
Address: P.O. Box 197, Sebeka, MN 56477
Clientele: All ages in all or parts of Otter Tail County, Wadena, Becker, Todd, Cass, and Hubbard
Payment: Medicare, Medical Assistance, Vet. Adm, Elderly Waiver, Alternative Care Grant, CADI, private insurance, or private pay
Services: Skilled Nursing such as coordinating with the doctor, monitoring blood pressure, heart, lungs, & oxygen levels, set up medications, changing dressings, IV therapy, private duty nursing: Diabetic

teaching; Dietician consults; Occupational, Speech or Physical Therapy, Home Health Aide for personal cares such as baths, shampoos, getting out of bed, Homemaking such as meal prep., grocery shopping, cleaning; Respite Care to provide a break for caregivers; Pediatric care; 24 hour on call RN and care given

Name: **CK Home Health Care**
Phone: 218-998-3778 Cell: 218-731-7361
Address: 23123 Oakview Heights Drive, Fergus Falls, MN 56537
Clientele: Ottertail, Wilkin, Clay Counties all ages
Payment: Private pay; CAC, CADI, AC/EW, Medical Assistance
Services: Personal Care Attendant, Homemaking, Private Duty Nursing, Respite, Home Health Aide for private pay individuals

Name: **Ghost Runner Errand Service**
Phone: 218-346-2650 Cell: 218-371-9491 Fax: 309-414-9284
Address: 745 West Main St., Perham, MN 56573
Clientele: All ages, Otter Tail County, Wadena County, Becker County and out of State as arranged.
Payment: AC/EW Master Card, Visa, check or cash
Services: We service anyone in the lakes area. Home and business cleaning, shopping general household chores, gardening and lawn care, snow removal, mail services, vacation services, holiday or event card preparation and mailing, running errands such as delivering prescriptions, meals, commodities

Name: **Helping Hands**
Phone: 218-731-7185
Address: 36591 Co Rd 14, PO Box 61, Richville, MN 56576
Clientele: All ages, Richville, Perham, New York Mills, Ottertail and Battle Lake Areas
Payment: AC/EW, Medicare, MA, MSHO, CADI, Private Pay
Services: Homemaking, Laundry, Errands, Grocery Shopping, Meal Prep; We bring our own cleaning supplies.

Name: **Harmony Home Health Care, LLC**
Phone: 218-998-3750 or 218-205-0575
Clientele: Infants, Pediatrics, Adults and Elderly individuals in Otter Tail, Wilkin, Becker, Todd, Clay, Wadena, Stearns and Hubbard Counties.
Payment: Medical Assistance, Elderly Waiver, Alternative Care Grant, CADI, CAC, MR/RC Waiver, Traumatic Brain Injury Waiver, Private Pay and Private Insurance.
Services: Private Duty Nursing Services, Personal Care Attendant, Homemaking Services, Chore Services, Respite Services, Foot

care, Medication set up by a professional nurse, Home Health Aide Services (only private pay), services provided 7 days a week, 24 hours per day, 365 days a year.

Name: **Home Instead Senior Care**
Phone: 218-998-2248 toll free 866-521-8093 Contact Tammy Brown
Address: 1220 North Tower Road, Fergus Falls, MN 56537
Clientele: Serving older individuals or couples in Otter Tail, Becker, Hubbard or Douglas Counties
Payment: Private pay, Elderly Waiver
Services: Providers of a wide range of non-medical services for seniors in their homes, 24/7, including holidays. Services include companionship, homemaking, personal cares and transportation. We have an in-depth training program for our CAREGivers which includes Alzheimer's care and related Dementia's, senior safety, activities, hospice care, mobility and continence care. All caregivers are licensed, bonded and have completed full criminal background and reference screening. We work in full cooperation with local home health agencies, hospice programs, hospitals, nursing homes, assisted living facilities and volunteer organizations. Private pay, elderly waiver, long-term care insurance accepted.

Name: **Lake Country Home Care**
Phone: 218-385-3422
Address: 36639 535th Ave, New York Mills, MN 56567
Clientele: All ages in Otter Tail, Todd and Wadena Counties
Payment: Medical Assistance, Elderly Waiver, CADI, Alternative Care, Private Pay, Workers Comp., Private Insurance
Services: Homemaking, PCA, Personal Cares, Shopping/Errands

Name: **Lakeland Hospice and Home Care**
Phone: 218-998-1400 or 888-820-7885
Address: 120 S Union Ave, Fergus Falls, MN 56537-2517
Clientele: Life limiting illness in Otter Tail, Grant County, & service area
Payment: Medicare, Medical Assistance, Private Insurance, Private Pay
Services: Skilled nursing expertise in pain and symptom control, Home Health Aides, 24 Hour on-call service, Counseling support, Medical Equipment, Volunteer Support, Bereavement, grief support

Name: **Lakewood Health System Home Care & Hospice**
Phone: 218-895-5780
Address: 401 Prairie Ave NE, Staples, MN 56479
Clientele: All ages within 25-30 mi. of Staples, or within 10 mi. of Long Prairie
Payment: Medicare, Medical Assistance, VA, Elderly Waiver, Alternative Care Grant, CADI, Private Insurance, HMO's, Champus, private pay

Services: Include Skilled Nursing; Apnea Monitoring, Dietic health promotion; Maternal Child Health; Physical Occupational, & Speech Therapy; Medical; Case management; Home Health Aides; Personal Care Aide services; Hospice; Respite; Lifeline; Homemaking; Pharmacy; 24 hrs seven days per week

Name: **Sanford Home Health Care**
Phone: 218-863-2273
Address: PO Box 645, 211 East Mill, Pelican Rapids, MN 56572
Clientele: All ages: Pelican Rapids, Barnesville, Dent, Detroit Lakes, Elizabeth, Erhard, Rothsay, Frazee, Vergas
Payment: Medicare, Medical Assistance, Elderly Waiver, Alternative Care Grant, CADI, VA, private insurance, private pay
Services: Include Skilled nursing assessments, lab, IV administration, wound and ostomy care, medication management, incontinence care; Home Health Aide personal cares; Homemaking; Physical, Speech & Occupational Therapy, Medical Social Services; foot care; 24 hour on-call system

Name: **Mill Street Stay-At-Home Services**
Phone: 218-739-2900 Mic Siems, Director:
Address: 802 S Mill St, Fergus Falls, MN 56537
Services: Non-health care related assistance for seniors striving to remain in their home. Service coordination and oversight, housekeeping, yard work, or chore related assistance, nutritious meals, grocery shopping, record keeping and/or payment of bills. Fees for services provided are private-pay and based on customized plan tailored to each individual's needs.

Name: **Neighbor to Neighbor
A Living at Home/Block Nurse Program**
Phone: 218-334-3559
Clientele: 65 years and older living in cities of Frazee and Vergas and the townships of Burlington, Silver Leaf, Candor, Hobart, Dora and Gorman
Payment: We are a volunteer service organization with a mission to extend the time our elders remain safely in their home
Services: Meals on Wheels delivery, transportation to medical and dental appointments, transportation for shopping, library services, caregiver respite, minor household chores, foot care clinics, delivery of groceries, mending and alterations, friendly visits, friendly phone visiting, assistance in referrals to county agencies, installations of grab bars, educational seminars, coordination of Medical Part D, emergency files for clients refrigerators

Name: **New Dimensions Home Health Care**
Phone: 218-739-5856
Address: 312 N Tower Rd, Fergus Falls, MN 56537
Clientele: All ages in 60 – 70 miles radius of Fergus Falls
Payment: Medicare, Medical Assistance, Elderly Waiver, Alternative Care Grant, CADI, private insurance, private pay
Services: Adult Day Care, Skilled nursing care; Home Health Aide services; Respite; IV Therapy; Personal Care Attendants; Homemaking; Coordination with doctors; extended hours, weekends, and holidays

Name: **Perham Living**
Phone: 218-347-1800
Address: 665 3rd St SW, Perham, MN 56573
Clientele: All ages in Otter Tail County and parts of Becker and Wadena
Payment: Medicare, Medical Assistance, VA, Elderly Waiver, Alternative Care, CADI, private insurance, workers comp., private pay
Services: Include Skilled nursing care such as dressings, wound care, IV Therapy, assessments, lab work, supervision, and education; Private Duty Nursing, Home Health Aide; Physical, Occupational, & Speech Therapy; Medical Social Svcs; Respite, Senior Companion, Personal Care Attendants; 24 hours seven days per week

Name: **St. Mary's Home Health**
Phone: 218-847-0808
Address: 1027 Washington Ave., Detroit Lakes, MN 56501
Clientele: All ages: Becker County, parts of Otter Tail and Clay counties
Payment: Medicare, Medical Assistance, VA, Elderly Waiver, Alternative Care Grant, Private Insurance, Private Pay
Services: Include Skilled Nursing care such as wound care, IV Therapy, medication management; Home Health Aide help such as bathing; Homemaking; Physical, Occupational, & Speech Therapy; Medical Social Work

Name: **Tender Hearts Home Care**
Phone: 218-385-3466 or 877-362-9784
Address: 42690 CTY HWY 67, New York Mills, MN 56567
Clientele: All ages in Otter Tail County and surrounding counties
Payment: Medical Assistance, Elderly Waiver, Alternative Care Grant, CADI, Private Insurance and Private Pay
Services: Skilled Nursing Care, Home Health Aide, Personal Care Attendants, and Homemaking

Name: **There's No Place Like Home Health Care**
Phone: 218-731-4862, 612-203-9501
Clientele: Private Pay, MA, AC/EW, CAC/CADI
Payment: MA or Private Pay
Services: PCA, Private duty nursing, homemaking, respite, medication set up by professional nurse, private pay home health aide, 7 days a week, 24 hours per day, 365 days a year
Website: www.nplhhc.com

Name: **TLC Home Care**
Phone: 218-205-1262
Address: 1321 Nicole Court, Fergus Falls, MN 56537
Clientele: All ages and needs in Otter Tail County
Payment: Private Pay and Private Insurance
Services: Personal Care Assistant , Homemaking, Meal Prep, Med Reminders, Grocery Shopping, Bathing, Grooming, Dressing, Laundry, Mobility, Transfers, Toileting, Behavior, Light Housekeeping, Qualified Professional Visits, Respite Care, Exercise Assistant, Home and Community Based Services

Name: **Tri County Home Health Care/Hospice**
Phone: 218-631-7480
Address: 415 North Jefferson, Wadena, MN 56482
Clientele: All Ages: Todd, Wadena, and Otter Tail County
Payment: Medicare, Medical Assistance, VA, Elderly Waiver, Alternative Care Grant, CADI, CAC, Worker's Comp, Private Insurance, Private Pay,
Services: Include Skilled Nursing; medication management, wound care, IV and respiratory therapy, OB; Physical, Occupational, & Speech Therapy; Medical Social Work; Home Health Aide; Homemaking; Senior Companion

Name: **Lifeline**
Phone: 800-543-3546

Name: **Merit Care Lifeline**
Phone: 701-234-4900

Name: **Pioneer Link**
Phone: 877-998-2621 or 218-998-2628

Name: **Security Solutions (Arvig)**
Phone: 866-937-4227

Name: **St. Mary's Home Health**
Phone: 218-847-0808

Name: **Tri County Home Monitoring System**
Phone: 218-631-3510

HOUSING

Elderly Subsidized Rental Housing

Further information available at Housing & Redevelopment Authority 1151
Friberg Ave, Fergus Falls, MN 56537 218-739-3249

Battle Lake

Name: **Summit Village** 800-728-5401 Marlys Siems, manager
Address: 102 Madison Size: 16 units
Clientele: 62 years or older; handicapped; or disabled. maximum adjusted
annual income allowed 36,350/40,800
Amenities: Congregate areas, emergency pull cords, security system.

Fergus Falls

Name: **Augustana Apartments** 218-739-9506 Julie Abel, manager
Address: 308 South Mill St. Size: 42 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate area, some group activities, centrally located.

Name: **Cardinal Homes** 218-739-9506 Julie Abel, manager
Address: 1110 Springen Ave Size: 34 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate area, some group activities, near the YMCA

Name: **Cascade Apts.** 218-547-3307 ext. 120 (DW Jones Mangmt)
Address: 905 E Vernon Ave Size: 12 units
Clientele: 62 years or older: handicapped; or disabled

Name: **Featherstone** 218-736-6560 Tammy/Marty Gadow, Mngrs.
Address: 905 E Vernon Ave Size: 12 units
Clientele: 62 years or older: handicapped; or disabled

Name: **Goldenwood Apartments** 800-728-5401 Marlys Siems, manager
Address: 1145 Friberg Size: 31 units, 22 are subsidized
Clientele: 62 yrs+; handicapped; or disabled. Maximum adjusted annual
income allowed 36,350/40,800
Amenities: Congregate areas, Congregate dining-M-W-F available, emergency
pull cords

Name: **Page House** 1-800-728-5401 Marlys Siems, manager
Address: 221 East Cavour Size: 31 units, 13 are subsidized
Clientele: 62 years+; handicapped; disabled. Maximum adjusted annual income allowed 36,350/40,800
Amenities: Congregate areas, Congregate dining-M-W-F available, emergency pull cords, security system. beauty shop

Name: **Riverbend** 218-736-2557 Nancy Barrett, manager
Address: 222 Whiford Size: 100 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate dining 3 per week, pull cords. Assisted living services available for daytime supervision, check-ins, homemaking, laundry, meal preparation, medication administration, activities Funding may be available.

Name: **Riverview Heights** 218-739-9498 am, 739-3249 afternoons
Address: 205 North Sheridan Size: 59 units Pam Minten, manager
Clientele: 62 years+; handicapped; or disabled. Income Limit \$32,900/37,600
Amenities: Congregate area with dining available 5 x per week, conversation areas, craft room, activities, gazebo, beauty shop. Assisted living service packages available for housekeeping, laundry, personal cares, meal service, medication assistance. Possible funding.

Name: **Silverleaf Apartments** 1-800-728-5401 Marlys Siems, manager
Address: 124 East Summit Size: 32 units, 13 are subsidized
Clientele: 62 years +; handicapped; or disabled. Maximum adjusted annual income allowed 36,350/40,800
Amenities: Congregate areas, Congregate dining-M-W-F available, emergency pull cords, beauty shop, security system

Henning

Name: **Clement Manor** 218-583-2781 Doreen, manager
Clientele: 62 years or older; handicapped; or disabled Size: 20 units
Amenities: Congregate area, private exits, activities, centrally located.

Name: **Countryview Apartments** 218-583-2983 City managed
Clientele: Targeting seniors Size: 8 units
Amenities: Community Room

Name: **Hillcrest Apartments** 218-583-2933 Bill Goepferd, manager
Clientele: Targeting seniors Size: 8 units
Amenities: Detached Garages

Name: **Henning Homes** 218-583-2335 H. Deckert, manager
Clientele: Targeting seniors Size: 16 units
Amenities: Outdoor picnic area

New York Mills

Name: **Finlandia** 800-728-5401 Mary Siems, manager
Address: 107 Edgewood St Size: 10 units
Clientele: Elderly, Fam, Sgl, handicapped, disabled. Maximum gross annual income allowed 23,160/25,400
Amenities: Congregate areas, emergency pull cords, security system.

Name: **Kaleva Apartments** 218-385-3273 or 385-2884 MaryAnn Haman
Address: 205 Walker Ave N Size: 30 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate areas & dining, emergency pull cords, air conditioning, appliances, window coverings, centrally located, activities

Name: **Heritage Manor** 218-385-2005 Kathy Biel, manager
Address: 105 Edgewood St., PO Box 188 Size: 20 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Subsidized rental, weekly transportation, Assisted living available with homemaking, laundry, meal preparation, personal cares, medication administration, daytime supervision, activities Funding may be available.

Name: **Scandia Apartments** 218-385-2802 Karen Muckala, manager
Address: 104 Edgewood Size: 30 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate areas

Parkers Prairie

Name: **Prairie Village I & II** 800-728-5400 Marlys Siems, manager
Address: 107-9 4th Ave N. Size: 8 and 10 units
Clientele: 62 years +, handicapped, or disabled Maximum adjusted income allowed 36,350/40,800.
Amenities: Congregate areas, one level construction

Name: **Willow Square** 800-728-5400 Marlys Siems, manager
Address: 305 Clayborn Ave N. Size: 9 units
Clientele: 62 years +, handicapped; or disabled Maximum adjusted income allowed 36,350/40,800.
Amenities: Congregate areas, one level construction

Pelican Rapids

Name: **Mill Pond View** 218-863-5085 John & Margaret Farris, mngrs
Address: 101 E Mill St Pelican Rapids Size: 66 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate areas, emergency pull cords, some congregate dining

Perham

Name: **Lakeland Apartments** 218-346-7045 Gerald VanWatermulen, mgr
Address: 2111 2nd Ave SE Perham Size: 36 units
Clientele: 62 years or older; handicapped; or disabled
Amenities: Congregate area, laundry, some activities, centrally located

Name: **St. James Manor** 218-347-1854 or 701-235-8915
Manager: Marguerite Ronsberg
Address: 415 8th Ave SW, Perham Size: 38 units Clientele: 62 years or older; handicapped; or disabled E-mail: Marqueemgmt@AOL.com
Amenities: Congregate areas, emergency pull cords, located near hospital

Elderly Housing with Services

Bluffton

Name: **Golden Age Living** 218-385-3300 Adrian/Teresa Erickson, mgr.
Address: 418 Main St., Bluffton Size: 8 units
Clientele: Funding may be available Room and board \$745
Services: Rent includes personal care assistance based upon individual Needs assessment

Fergus Falls

Name: **Alcott Manor** 218-998-7400 Shari Kugler, manager
Address: 418 Alcott Ave E Fergus Falls Size: 24 units
Clientele: 55+
Rent: As of 06/01/2008: Studio \$1900-2820, Small One-Bedroom \$2000-2920, Large One-Bedroom: \$2100-3020. Call for current rates.
Services: Included 24 hour on call RN, 24 hour on-site staff, medication set up, individual personal daily cares, 3 meals and 2 snacks daily, emergency call system, laundry, utilities, weekly housekeeping, activities, outdoor parking, building and grounds maintenance.
Extra charges for: emergency calls, beauty shop, transportation to doctor visits and shopping, cable, telephone, Basic Market, indoor parking, if available.

Name: **Golden Manor** 218-739-1119 Barry Fewson, manager
Address: 124 West Oriole Drive Fergus Falls Size: 6 units
Clientele: Seniors, handicapped, disabled Total cost \$2200 Funding may Be available
Services: Meals, laundry, homemaking, personal care services such as bathing, ambulation, dressing, grooming, redirection; medication assistance, socialization, transportation and appointment arrangement, 24 hour staff available.

Name: **Haven Manor on Springen** 218-739-6200
Address: 721 Springen Ave., Fergus Falls

Name: **Mary's House** 218-739-6294 or 218-864-9985
Address: 419 East St. Charles, Fergus Falls

Name: **Mill Street Residence** 218-739-2900 Mic Siems, Director
Address: 802 S Mill St Fergus Falls Size: 64 units
Clientele: Private Pay/funding may be available. Month-to-month rental. Rates based upon level of health care assistance: Studio (\$2,3012,713); One bedroom (\$2,567-2,979); One bedroom with den (\$2,832-3,244) Two bedroom (\$3,097-3,509). Daily rate for short-term or respite care stay.
Services: Rent includes personal care assistance based upon individual needs assessment, medication management, 24-hour on-site staff, 2 meals per day, weekly housekeeping, daily activities, emergency call, transportation, basic cable TV, local telephone, complimentary laundry facilities, heat/air conditioning, electricity. Extra charge for personal laundry service, grocery shopping, room service, third meal, guest meal, guestroom, beauty salon/ barber services.

Name: **Park Gardens** 218-998-4444 Kim Fischer, Manager
Address: 215 East Skogmo Blvd, Fergus Falls Size: 50 units
Clientele: Independent and assisted living for Seniors. Accommodates Handicapped and disabled. Private pay, funding may be available. Month-to-month rentals. Independent living ranges from \$1,100 to 1,500 based on number of people and one or two bedrooms. Assisted living ranges from \$2,150 to \$2,950 based on number of people and square footage. Each apartment has a complete kitchen with an oven.
Services: All rent includes 24 hour on-site staff, weekly housekeeping, all utilities (except phone), complimentary laundry facilities, and scheduled activities including weekly bus trips to the store. Assisted living also includes three meals a day, emergency response pendant, and laundry. Independent living includes one meal a day and light housekeeping. The building also has a beauty

shop, massage therapist, whirlpool and guestroom and several community rooms.

Name: **Pioneer Caresuites** 218-739-6399 Paulette Hoebelheinrich, mgr
Address: 1006 Sheridan St Fergus Falls Size: 10 units
Clientele: Seniors, room and board \$685 Funding may be available
Services: Included in the rent are noon meal, laundry, weekly housekeeping, emergency call system, activities, transportation route. Extra charge for other meals, personal cares, nursing, medication assistance, cable, telephone.

Name: **Pioneer Pointe** 218-739-7772 Paulette Hoebelheinrich, mgr
Address: 411 Everett Fergus Falls Size: 44 units
Clientele: Private Pay only Rent \$970 – 1130
Services: Included are light housekeeping, activities, emergency call system, daily snack, monthly van, service coordination. For extra charge; meals, guest room, storage, heated parking, beauty shop, home care staff, medication reminders, laundry, cleaning, emergency call responses.

Name: **Pioneer Senior Cottages 1 & 2** 218-998-9970 and 218-998-9974
Barb Mohs, Manager Size: 16 & 18 units
Address: 1305, 1307, 1315, 1317, 1325 & 1327 Maybelle Avenue South Fergus Falls
Clientele: Individuals with memory loss Monthly Cost: \$3250-3550
Services: Daily Personal cares, medication supervision and administration, secured building; daily activities; meals; laundry; medical transportation and escort; homemaking; 24 hour specially trained caregivers. Funding may be available.

Name: **Riverbend** 218-736-2557
Address: 222 Whiford Fergus Falls Size: 100 units
Clientele: 62 years or older, handicapped, disabled
Services: Congregate dining 3 per week, pull cords, assisted living services available for daytime supervision, check-ins, homemaking, laundry, meal preparation, medication administration, activities. Funding may be available.

Name: **Riverview Heights** 218-739-9498 or 736-6522
Address: 205 N Sheridan Fergus Falls Size: 59 units
Clientele: Subsidized rental Gross income \$31,750/36,300
Manager: Carol Swentek, apt. Lane Magnusson, Assisted Living
Services: Planned activities, Congregate dining 3/week, laundry and beautician available. Extra Charge Packages include medication set-up and reminders, personal assistance, laundry, housekeeping, grocery shopping, 24 hour staff,

Lifeline, meal assistance, health status checks, linen change, assessment, emergency response, activities, appointment arrangement, and monitoring. Funding may be available.

Name: **Sheridan House** 218-998-7400 Shari Kugler, mgr
Address: 808 S Sheridan St Fergus Falls Size: 33 units
Clientele: 55 + Private Pay only As of 06/06/2008 \$1135-1335. Call for current rates.
Services: 24 Hour Emergency response, laundry room, snacks, activities, minimal housekeeping, minimal additional storage. Minimal home care service for additional cost.
Available: Heated garage, beauty shop, meal services, medical appointment and shopping transportation, Basic Market, and laundry.

Henning

Name: **Our Home Your Home** 218-583-4428 Beno & Jody Lohse, mgr
Address: 609 Front Street, Henning Size: 7 units
Clientele: Elderly, handicapped, disabled. Room and board \$670.00
Funding may be available.
Services: Meals, housekeeping, laundry, activities, medication administration, personal cares such as bathing, dressing, grooming, eating, toileting, transferring, redirection, appointment scheduling, transportation arrangement, up to 24 hour supervision.

Name: **Willow Creek Senior Community** 218-548-6683
Address: 500 Willow Creek Drive, Henning Size: 59 units Manager: Susanne Torgerson, RN/Housing Manager
Clientele: 55+ Elderly, handicapped and disabled persons
Services: 3 meals a day on site cook, 24 hour staff on –site, Registered Nurse on call hours a day, housekeeping and laundry one time a week, scheduled activities, garages, and home health services as needed.

New York Mills

Name: **Heritage Manor** 218-385-2005 Cal Anderson, mgr
Address: 105 Edgewood St New York Mills Size: 20 units
Clientele: 62 yrs +, handicapped, disabled
Services: Secured building, planned activities, congregate area, Lifeline emergency call system, weekly van transportation, monthly blood pressure screening. Supportive service package available including medication set-up and reminder; personal assistance; laundry;

housekeeping; staff on site 12 hrs. per day. Funding may be available.

Name: **Home Sweet Home** 218-639-2040
Address: 412 Hummingbird Lane, New York Mills, MN 56567 Size: 20 units

Parkers Prairie

Name: **McCornell Court** 218-338-5627 Becky Pender, mgr
Address: 122 N McCornell Ave Parkers Prairie Size: 13 units
Clientele: 55+ Rent \$670.00 Funding may be available
Services: Included in the rent are meals, weekly light housekeeping, activities, emergency call system, 24 hour home care staff available. Optional medication assistance, personal care needs such as bathing, ambulation, dressing, redirection; personal laundry, housekeeping, whirlpool bathing.

Pelican Rapids

Name: **Riverfront Manor** 218-863-1133 or 863-2991 Size: 20 units
Address: 215 E Mill Ave Pelican Rapids
Clientele: 65 or older, disabled, funding may be available for seniors
Services: Included are 1 meal per day, med set-up, housekeeping, activities, 24 hour emergency response system. Extra charge packages or ala carte services include bathing, med administration, escort, transportation arrangement, RN visits, nail care, meal prep., laundry, guest room and parking

Perham

Name: **Autumn Manor** 218-346-3266 Owner: Bev Bergum
Address: 812 4th Ave S.W. Perham, MN 56573 Size: 28 units

Name: **Briarwood** 218-346-1260 or 346-4500 Julie Donnelly, manager
Address: 449 W Main, Perham, MN Size: 28 units
Clientele: Private Pay only Rent \$750-905
Services: Included in rent are a noon meal, weekly light housekeeping, activities program, emergency call system, transportation routes, library, exercise room, community dining room. Extra charge for laundry other meals, moving, garage, beauty shop, guest room,

Name: **Some Place Special** 218-346-2431 Luan Peterson, manager
Address: 665 SW 3rd St Perham Size: 7 units
Clientele: Adults, handicapped, disabled

Services: Open 24 hours per day/7 days per week. Awake staff on duty, RN supervision handicap accessible, private rooms, daily personal care, socialization, meals, laundry, medication administration, transportation, activities, music/pet therapy, beautician available, pastoral visits, outings, fenced in yard, secured building, beautiful gardens with fish pond in summer months, our motto is "Live, laugh, love".

Name: **The Thomas House and Thomas House II** 218-346-3064 & 218-346-3862

Address: 701 3rd Ave SW, Perham and 738 3rd Ave SW, Perham
Size: 6 units

Clientele: Adults Services: Assisted Living for people with memory loss in a residential home with a family like setting. 24 hr. caregivers, meals, homemaking, medication administration, personal cares, private rooms, individualized activities and exercise program. RN supervision and care management. Funding may be available.

Vergas

Name: **Vergas Assisted Living** 218-334-4501 Yvonne McTaggart, mgr

Address: 405 E Frazee Ave Vergas Size: 15 units

Clientele: Room and Board \$670 Funding may be available

Services: Included are 3 meals daily, emergency services. Extra Charge Packages include 24 hour staff, weekly housekeeping, activities, laundry, personal assistance, medication monitoring, service coordination, transportation. Funding may be available.

Homes Plus Adult Foster Care

Enables individuals who need some help to live in a licensed family home and provides personal attention, up to 24 hour supervision, meals, housekeeping, laundry, activities, medication administration, personal cares such as bathing, dressing, grooming, eating, toileting, walking, transferring, redirection, appointment scheduling and transportation. May meet respite or long-term needs for frail, elderly, handicapped, or disabled individuals. Funding may be available. Contact individual providers or Otter Tail County Human Services, 218-998-8150.

Ashby

None

Battle Lake

Name: **Steve and Barb Jensen**
Address: 36309 Augustana Drive, Battle Lake, MN 56515
Phone: 218-495-2047

Bluffton

Name: **none**

Clitherall

Name: **Don and Jody Johnson**
Address: 15603 County Hwy 57, Clitherall MN 56524
Phone: 218-769-4293 or 218-583-2100

Name: **Murphy's Lake Side** Mary Murphy
Address: 202 W Central, Clitherall, MN 56524
Phone: 218-864-9985

Dalton

Name: **Joshua and Sara Lott**
Address: 203 N Central Ave Dalton, MN 56324
Phone: 218-589-7405

Dent

Name: **none**

Erhard

Name: **Melissa & Chris Wiezorek**
Address: PO Box 35, 37731 CO Hwy 3, Erhard MN 56534
Phone: 218-863-5676

Elizabeth

Name: **Mary Soland**
Address: 18335 County Hwy 10, Elizabeth, MN 56534
Phone: 218-998-3231

Fergus Falls

Name: **Alice Karst**
Address: 524 West Vernon, Fergus Falls MN 56537
Phone: 218-739-0278

Name: **Christine House** Dianne Bauer
Address: 1212 E Fir Ave Fergus Falls MN 56537
Phone: 218-739-1011

Name: **The Harrington House** Craig and Brenda Harrington
Address: 1249 Greenfield Ave, Fergus Falls MN 56537
Phone: 218-739-6031

Name: **Hospitality House of Dayton Hollow** Mel and Mary Anne Frank
Address: 19758 Dayton Hollow Ln, Fergus Falls MN 56537
Phone: 218-739-6188
Web site: www.daytonlake.org

Name: **LifeSong Residence** Tim and Marlys Hamilton
Address: 1403 Nicole Court, Fergus Falls MN 56537
Phone: 218-998-5961

Name: **LiveWell Home** Brad Kastle
Address: 515 E Bancroft, Fergus Falls MN 56537
Phone: 218-531-1270

Name: **Lloyd Moore**
Address: 2217 Dunhill Lane, Fergus Falls MN 56537
Phone: 253-380-0866

Name: **Love'n Care Inn** Richard and Diane Armstrong
Address: 314 W Cavour Ave, Fergus Falls MN 56537
Phone: 218-739-3388

Name: **Midwest Home Health** Linda Larson
Address: 2520 Pebble Lake Road, Fergus Falls MN 56537
Phone: 218-736-1216

Name: **Haven Manor** Cathy Bellmore
Address: 419 E Charles, Fergus Falls MN 56537
Phone: 218-739-2799

Name: **Valkommen-Hem Inn** Eunice Matson
Address: 328 E 14th St, Fergus Falls MN 56537

Phone: 218-998-3712

Name: **The Lydia House** Linda Reich
Address: 1916 Deer Valley Road, Fergus Falls MN 56537
Phone: 218-736-7945

Name: **Joe and Grace Wilhelmy**
Address: 23223 Rus Dic Circle, Fergus Falls MN 56537
Phone: 218-736-1219

Name: **Olde Mill Homestead** Deane Williams and Gregory Storeim
Address: 524 South Mill, Fergus Falls MN 56537
Phone: 218-739-6176

Name: **Steve and Deneise Synsteliën**
Address: 204 N Vine St, Fergus Falls MN 56537
Phone: 218-205-0338

Frazee

Name: none

Henning

Name: **Country Living** Karlene and Mark Doll
Address: 51697 250th Henning MN 56551
Phone: 218-583-4453

Name: **Country Friends** Louis and Sonja Gunkel
Address: 43247 227th St Henning MN 56551
Phone: 218-583-4432

Ottertail

Name: **Grandview Estates** Sarah Hansen
Address: 115 West Ave, Ottertail, MN 56571
Phone: 218-298-1700

Parkers Prairie

Name: **Assumption House**

Address: PO Box 30, 120 N McCornell Parkers Prairie MN 56361
Phone: 218-338-4674

Name: **Donna Krull**
Address: 13281 City. Hwy 42 Parkers Prairie MN 56361
Phone: 218-338-5118

Name: **Joseph's House** (non-handicapped home)
Address: 220 West State Street Parkers Prairie MN 56361
Phone: 218-338-6403

Name: **Karl's House** (handicapped home)
Address: 515 North Clayborn Ave Parkers Prairie MN 56361
Phone: 218-338-6387

Pelican Rapids

Name: **Maplewood Hearth** SigridLinda Rivington
Address: 22462 Crosspoint Road Pelican Rapids MN 56572
Phone: 218-863-2435

Name: **Crystal Lake Inn** Norm and Joy Westby
Address: 45143 Crystal Hills Dr Pelican Rapids MN 56572
Phone: 218-863-7388

Perham

Name: **none**

Richville

Name: **Frontier Manor** Sandi Fithen
Address: 37779 390th Ave Richville MN 56576
Phone: 218-758-2438

Rothsay

none

Underwood

Name: **Shady Oaks Retreat** Colleen Houge

Address: 28182 Cty Hwy 45 Underwood MN 56586
Phone: 218-826-6290

Vergas

none

Wadena

Name: **Inga's Place** Richard and Karla Guldseth
Address: 38281 Cty Hwy 75 Wadena MN 56482
Phone: 218-631-7099

Nursing Home Information

Long Term Care Ombudsman – works with residents and facilities to enhance the quality of care, resolve problems, find creative solutions, & recruit Volunteer Advocates.

Name: **Ann Holme,**
Address: 40719 Co Hwy 23, Ortonville, MN 56278
Phone: 1-800-657-3591 or 320-273-2364

Name: **Battle Lake Good Samaritan Center**
Address: Battle Lake MN
Phone: 218-864-5231 Social Worker: Janet Bleichner Size: 57 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP VA
Services: Physical, Occupational, & Speech Therapy, Outpatient Therapy, IV, Wanderguard, Pain Mgmt, dialysis diets, Wound care, Volunteers, Religious Svc, Hospice

Name: **Golden Living Center of Otter Tail Lake**
Address: Battle Lake MN
Phone: 218-495-2993 Social Worker: Barb Jensen Size: 57 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP, Veterans Adm.
Services: Physical, Occupational, and Speech Therapy, IV, Wandergurard, Pain Management, Volunteer Programs, dialysis diets, Religious Services, Lake and lakeshore ground activities

Name: **Broen Memorial Home**
Address: 824 S. Sheridan, Fergus Falls MN
Phone: 218-998-7300 Social Worker: Pam Pederson & Julie Millard
Size: 136 beds Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP, MSHO.
Services: Long-term Skilled Nursing Care, Short Stay Unit – Sub-Acute Care, Physical, Occupational, and Speech Therapy, IVs, Wound Care, Hospice Contract, limited transportation service, Enhanced Dementia Unit (unlocked), Volunteer Programs, Religious Services, Activity Program, Alarmed Doors.

Name: **Pioneer Care Center**
Address: Fergus Falls, MN
Phone: 218-739-7700 Social Worker: Angie Prenticel/Carla Bjornlie
Size: 110 beds Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP
Services: Inpatient and outpatient Physical, Occupational, Speech Therapy, Adult Day Care, Wanderguard, Pain Management, dialysis diet, Volunteers, Religious Services. See Pioneer Cottages for memory loss units.

Name: **Minnesota Veterans Home**
Address: Fergus Falls, MN
Phone: 218-736-0400 Social Worker: Janet Hennemann
Size: 85 beds Medicare Skilled Beds: No
Payment: Private Pay, Veterans Adm. Sliding fee scale
Services: Occupational, Physical, Speech Therapy, Pain Mngmt, Hospice, Recreation, Wanderguard, Religious Services, Volunteers, Dementia Unit

Name: **Golden Living Center of Henning**
Address: Henning, MN
Phone: 218-583-2965 Social Worker: Jenny Ouren Size: 55 units
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP,
Services: Physical, Occupational, Speech, Respiratory Therapy, IV, Pain Management, Behavior Management, Wanderguard, Hospice, Volunteer programs, Religious Services. Alzheimer Care Unit – secure, with family dining courtyard, specially trained staff, & activities.

Name: **Elders Home**
Address: New York Mills MN
Phone: 218-385-2005 Social Services Provider: Donna Schmitz Size: 54 beds Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP,
Services: Physical, Occupational & Speech Therapy, IV, Pain Management, Wanderguard, Hospice, Volunteer Programs, Religious Services. Memory Unit is locked, family dining.
Web site: www.eldershome.com

Name: **St. Williams Nursing Home**
Address: Parkers Prairie MN
Phone: 218-338-4671 Social Worker: Nikki Martin Size: 68 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP
Services: Physical, Occupational, Speech Therapy, Pain Management,
Wanderguard, Volunteer Programs, Religious Services

Name: **Good Samaritan Center**
Address: Pelican Rapids MN
Phone: 218-863-2401 Social Worker: Laura Denbrook Size: 60 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP, Veterans Adm.
Services: Physical, OT, Speech, Restorative Rehabilitative Nursing, IV, Pain
Mngmt, Wanderguard, Hospice, Volunteer Programs, Religious
Services, Respite Care, Trips to Mill Pond Apt. Private rooms
available.

Name: **Pelican Valley Health Center**
Address: Pelican Rapids MN
Phone: 218-863-2991 Social Worker: Laura Hagen Size: 46 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP, Veterans Adm.
Services: Physical, Occupational, Speech Therapy, IV, Pain Management,
Wanderguard, Hospice, Volunteer Programs, Religious Services,
Clinic attached, K-4th Latchkey kids

Name: **Perham Memorial Home**
Address: Perham MN
Phone: 218-346-4500 Social Worker: Sue Sailer Size: 102 beds
Medicare Skilled Beds: Yes
Payment: Medicare, Private Insurance, Medicaid, PMAP, Veterans
Administration
Services: Physical, Occupational, Speech Therapy, IV, Pain Management,
Wanderguard, Hospice, Volunteer Programs, Religious Services,
Clinic and hospital attached

Home Medical Equipment and Services

Name: **Arrowhealth Medical Supply**
Address: 495A Hwy 10E Detroit Lakes MN 56501
Phone: 218-847-2837 or 1-877-386-5757 tollfree
Population Served: All ages statewide
Services: Respiratory Equipment and services such as oxygen concentrators, nebulizers & medications, in-home respiratory care, CPAP & BiPAP, ventilators, Trach. Equip.; Rehab Equip. and services such as manual wheelchairs, scooters; Medical Supplies for ostomy, incontinence, dressings, braces, skin care, urologicals, enteral feeding, and Equipment such as beds, lift chairs, ambulatory aids, cushions, rails, bathroom safety equip, mobility equipment, aids to dialing living; and Education. Free shipping/delivery. 24 hr service.

Name: **Lincare Inc. In-Home Respiratory Care Company**
Address: 219 W Front St Detroit Lakes MN 56501 1650 College Way Fergus Falls MN 56537 satellite
Phone: 218-847-5649, 218-739-4616 in Fergus, or 866-739-4616
Population Served: All ages statewide
Services: RESPIRATORY EQUIP. AND SERVICES such as oxygen concentrators, nebulizers, CPAP & BiPAP, ventilators, Trach. Equip.; Specialize in home respiratory care. Respiratory Services include: oxygen concentrator, liquid oxygen, nebulizers/nebulizer medication, cpap, bipap, patient education and healthcare specialist providing the highest level of care for the respiratory patient. A national company, we are able to service the traveling patient anywhere in the country. EDUCATION, Free shipping or delivery. On-call 24 hours.

Name: **Activstyle**
Phone: 800-651-6223 ext. 3207
Population Served: All ages statewide
Services: Incontinence supplies, medical supplies such as urological, ostomy, nutritional supplements, walking aids, lift chairs, bathroom equipment, enteral feeding, 24 hour services provided. Free shipping and delivery.

Name: **Arrowhealth**
Address: 117 N Mill St Fergus Falls MN 56537
Phone: 218-739-3602 or 1-800-894-3602
Population Served: All ages in Otter Tail County and surrounding area
Services: RESPIRATORY EQUIP. AND SERVICES such as oxygen concentrators, nebulizers & medication, CPAP & BiPAP, ventilators, REHAB EQUIP. AND SERVICES such as anual wheelchairs, scooters; MEDICAL SUPPLIES for incontinence, braces, skin care, urologicals, mastectomy, enteral feeding; and EQUIPMENT such as beds, lift chairs, ambulatory aids, cushions, rails, bathroom safety equip, mobility equipment, aids to daily living; REPAIR SERVICES; and EDUCATION. 24 hr services provided.

MENTAL HEALTH

Please see the yellow pages under counseling and physicians for additional listings. Funding through private pay, public funds, insurance, and other third party payers.

Name: **Assumption House**
Phone: 218-338-4674
Address: 120 N McCornell Parkers Prairie MN
Services: Corporate adult foster care for up to four adults with a mental illness diagnosis who are medication compliant and ambulatory. 24 hour staffing provided.

Name: **Crisis Responders**
Phone: 1-800-223-4512
Services: Provides phone or face-to-face crisis intervention for adults handling problems that may put them at risk of inpatient psychiatric hospitalization or are at risk of hospitalization within the next 24 hrs.

Name: **Eastern Otter Tail Community Support Program**
Phone: 218-338-5945
Services: Outreach services supporting adults with mental illness so they can remain in the community including CSP workers, group outings, activities.

Name: **Fergus Falls Regional Treatment Center**
Phone: 218-739-7406- or 218-739-7211 after hours
Address: N Union Ave Fergus Falls MN 56537
Services: Provides comprehensive psychiatric treatment. Services include Evaluation, crisis intervention, psychiatric rehabilitation, community Re-entry, community education, individual and group therapy, aftercare Planning, family and discharge support groups, and

pharmacology services. Also offer a Drug Dependency Rehabilitation Center.

Name: **Lake Region Bridgeway Unit (Inpatient)**
Phone: 218-736-8208 or 218-736-8227 (Community Liason/Mental Health Assessments-daytime) or 218-736-8204 (daytime)
Address: 712 S Cascade Fergus Falls MN
Services: Specialty care for up to 8 individuals at the Lake Region Hospital treating depression, manic-depressive anxiety, panic disorders, and disorders disrupting contact with reality. Positive, homelike, nonviolent environment.

Name: **Lakeland Mental Health Center**
Phone: 218-736-6987 Address: 126 Alcott Ave E Fergus Falls MN
24 hr. Emergency/Crisis 1-800-223-4512 www.lmhc.org
Services: M – F 8-5, & evenings M and Th until 9, and Tuesday until 6. Individual, group, family, and marital therapy; psychiatric, emergency, and professional home based services; court eval; day treatment, family rehabilitation, domestic violence, chemical dependency outpatient treatment, and employee assistance programs. Case mngt. and community support program services are available for those with serious and persistent mental illness.

Name: **Lutheran Social Services of Minnesota**
Phone: 218-736-5431 Address: 731 Western Ave Fergus Falls MN
Services: Provide Family Resource workers, Intensive In-Home Treatment, couples, family, individual, and group therapy, and classes.

Name: **Otter Tail County Human Service**
Phone: 218-998-8150
Address: 530 Fir Ave West Fergus Falls MN
Services: Provides consultation, information & referral; plans and arranges for the delivery of mental health services with Otter Tail County.

Name: **PAI Crisis Stabilization Unit (2 bed short stay)**
Phone: 218-998-2525 or 1-888-354-3707
Address: 1013 N. Tower Road Fergus Falls MN
Services: For adults experiencing a mental health crisis such as depression with suicidal ideation, high anxiety and panic attacks.

Name: **A Place to Belong**
Phone: 218-739-0797 ap2b@charter.net
Address: 109 Court St N Fergus Falls, MN
Services: Provides social and recreational activities in an informal club setting and includes laundry, shower, televisions, computers, stereo, phone, pop machine, and coffee. Referral by a mental health professional required.

Name: **Tran\$ EM**
Phone: 218-739-7352
Address: 125 W Lincoln Ste 9 Fergus Falls MN
Services: Supported employment program that works collaboratively with existing programs and agencies to provide adults with a severe and persistent mental illness assistance in seeking competitive employment.

Name: **Village Family Service Center**
Phone: 218-739-5213
Address: 220 W Washington Fergus Falls MN
Services: Provides counseling for adults and families.

Nutrition

Name: **Dietician Services**
Area Served: Otter Tail County
Population: All
Services: Registered, licensed dietician – is available for group setting or personal visits for nutrition counseling and education including information about prescribed special diets, general nutrition principles & disease relationships, and food safety.
Contact: Annamarie Koehler Tabery Otter Tail County Public Health
Phone: 218-385-3175 or 218-739-2528

Home Delivered Meal Services

Name: **Meals By Wheels**
Phone: Deb Johnson at 218-731-8568
Area Served: Within or adjacent to Fergus Falls city limits. Community funded. Delivered by volunteers.
Population: All
Services: Home deliver one meal per day M-F 11:30 – 12:00. Food for a second meal and weekends available. Special diets and milk available. Currently prepared by Pioneer Care Center. Includes meat, potato, vegetable, bread, dessert, and salad.
Cost: Sliding fee scale. Maximum \$4.25 per meal. Monthly billing.

Name: **Meals On Wheels by Nutrition Services Inc.**
Area served: Otter Tail County outside Fergus Falls
Population: Age 60 + and spouse
Services: Home deliver one noon meal per day M-F, with frozen meals available for holidays and weekends. Diabetic and low salt diets available. Includes bread, milk, and dessert.
Cost: Confidential, voluntary donation; about \$2.75 suggested.
Phone: Kristi Giese Tollfree 1-877-677-3319, 320-795-2481, nuserinc@runestone.net or kmgiese@hotmail.com, or as listed under Congregate dining below.

Name: **Mom's Meals**
Phone: 866-204-6111 or fax 515-382-3789
Web Site: <http://www.momsmeals.com>
Area Served: All.
Population: Elderly
Services: Prepare, package, and shipped fresh, ready to heat and eat meals directly to customer's doorstep. Remain fresh in your refrigerator for two full weeks.

Congregate Dining

Name: **Senior Dining by Nutrition Services Inc.**
Area Served: Battle Lake (864-8768), Fergus Falls congregare dining only (736-6842), Riverbend 736-2557, Riverview 739-9498, Henning (583-4112), New York Mills (385-2024), Heritage Manor 385-2005, Kaleva 385-3273, Parkers Prairie (338-6211) Pelican Rapids (863-5225), Millpond 863-5085, Perham (346-2262) Richville (346-4738), Underwood (826-69580) Vergas (Loon's Nest, 342-3093)
Population: Age 60 + and spouse
Services: Noon meal 3-5 times per week in a congregare setting, diabetic and low salt diets available; and planned presentations and fellowship.
Cost: Confidential, voluntary donation; about \$2.75 suggested.
Phone: Kristi Giese Tollfree 1-877-677-3319, or 320-677-3319. Or contact the congregare site between 10:30 and 1:00

Grocery Programs

Name: **FARE for all**
Phone: 218-736-5016 or 1-800-582-4291
Services: Discounted food packages. Encourages volunteerism.

Name: **NAPS** (Nutrition Assistance Program for Seniors)
Phone: 800-365-0270
Services: If you are 60 years of age or older and meet an income requirement, you are eligible for a monthly free food box.

Name: **Shop & Drop** (pick up and grocery delivery)
Phone: 218-739-2326 or 218-205-9533 (Kathy Hatling)
Call for rate information. Within FF city limits.

Respite Resources/Adult Day Care/Caregiver Support

Caregivers need breaks at times in order to be the best they can be for their loved ones, or may have other family emergencies that call them away, or may become ill and need time to recover before resuming care giving. Respite Care provides time out. Adult day care may be used by seniors who benefit from outside socialization, nutritious meals, medication assistance, and personal cares during the day, returning home at night. Sometimes caregivers hold down jobs and adult day care provides safe substitute care.

Resources

Adult Foster Care Providers

Adult day care may be offered to provide individuals daytime socialization, meals, and snacks, supervision, medication assistance, personal cares and attention in a family setting. Funding may be available. Short stays may also be arranged for a number of days or weeks. See listing under Housing to contact individual providers, or call Otter Tail County Human Services, 218-998-8150.

Home Health Care Providers

See listing for those who offer respite services.

Mill Street Residence

This assisted living apartment setting facility provides a daily rate for respite care or interim short term care. 24 hour staff may provide personal care and nursing services, activities, housekeeping, meals, supervision, medication administration, and escort service. Contact 218-739-2900.

Private Sitters

Lists of private sitters may be available through resources such as hospital social workers, home health care, or hospice agencies.

Local Transportation

*see note below

Fergus Falls

Name: **City Cab Service** 218-736-3520 218-998-3520
Clientele: All Not handicapped accessible. Will accompany door thru door as needed, put walker/wheelchair into trunk, but client must transfer into vehicle alone. See West Otter Tail Transportation listing for handicapped accessible under "County Wide Transportation"
Purpose: To any location in or near town Cost: *Medical Assistance approved. For ages 55+, \$4.50 per way in town Hours: 6 AM to 2 AM, 7 days per week. No appointment needed.

Name: **The Otter Express** 218-998-3002 Toll Free 866-998-3002
Clientele: Public transit system with handicapped accessible buses. Last minute trips can be accommodated but two day advance notice is suggested. Drivers will assist passengers.
Purpose: To any location in town.
Cost: \$1.50 Fare per ride
Hours: Bus runs 7:30 am – 4:30 pm

Name: **Drivers on Call** 218-736-2100 218-998-2100 (10pm-5am)
Clientele: All. Not handicapped accessible; not lift but will put empty walker/wheelchair into van.
Purpose: To any location in or out of town.
Cost: \$5.00 per way in town 5 AM – 10 PM plus \$1.25-\$1.50 per mile out of town, From 10 PM – 5 AM it is \$10 per way plus \$1.25-\$1.50 per mile out of town.
Hours: 24 hours, 7 days per week. 24 hour scheduling available

Pelican Rapids

Name: **Dial A Ride** 218-863-7076
Clientele: All Handicapped Accessible
Purpose: To any in-town destinations
Costs: 25 cents per way
Hours: Bus runs 9:00 AM – 11:00 AM, 1:00 PM – 3:00 PM. Call for morning ride the day before, afternoon ride in the morning.

Name: **Heartland/Dakota Clinic Van** 218-863-7842 or local clinic
Clientele: Dakota clinic patients in Pelican Rapids, Barnesville, Detroit Lakes, Park Rapids, or Walker. Not handicapped accessible.

Purpose: Free Delivery to appointments falling between 11:00 AM and 2:00 PM at Fargo's Dakota Clinic, Innovis, or Heartland Hospital Hours: Schedule by noon the day ahead, Monday – Friday

Perham

Name: **Perham Van Transportation** 218-346-4500
Clientele: All Handicapped Accessible
Purpose: To any in-town destinations
Cost: \$1.00 per way Hours: Bus runs 8:45 – 4:15 Monday – Friday. Call ahead to schedule.

County-wide Transportation

*Note: If Medicaid is to be the pay source, use an approved carrier and get pre-authorization from the financial worker or Managed Care Provider.

Name: **Health Ride Van** 218-847-0817 or 218-847-0818
Address: Detroit Lakes
Clientele: Elderly, Disabled. Handicapped Accessible, attendants available
Purpose: 24 hour door to door svc., for local or distant medical appointments
Cost: *MA approved Hours: 24 hour service. 24 hour scheduling available.

Name: **Medi Van** 1-800-422-0976
Address: Detroit Lakes
Clientele: Elderly, Disabled. Handicapped Accessible, attendants available
Purpose: 24 hour door to door svc., for local or distant medical appointments.
Cost: *MA approved \$18 base one way + \$1.40/mile for roundtrip, \$2.40/mile for one way trips, more for stretchers. Hours: 24 hour service. Call 8-5 Monday – Friday, or use answering svc

Name: **Peoples Express** 1-800-450-0123
Address: Wadena
Clientele: Elderly, Disabled, Handicapped accessible, attendants available
Purpose: 24 hour door to door svc., for local or distant medical appointments.
Cost: *MA approved \$18 base one way + \$1.45/mile, more for stretchers.
Hours: 24 hour service. Call 24 hours to schedule.

Name: **Otter Tail County Volunteer Transportation Program**
218-998-8150
Clientele: Age 60 or older. Not handicapped accessible.
Purpose: Local or distant health related appointments. Program of last

resort.

Cost: Donation if possible

Hours: Clinic hours Monday – Friday. Call 3 working days prior, 8 – 5.

Name: **Veterans Service Office Hospital Transport Van** 218-998-8605

Clientele: All Veterans only. Not handicapped accessible. Ambulatory only.

Purpose: To Veterans Adm. Hospitals in Fargo, St. Cloud, and Minneapolis

Cost: Travel Pay eligible: Round trip \$15 Fargo, \$25 St. Cloud, \$40 Mnpls

Hours: Current schedule: Mon, Wed, Fri to Fargo Tues/Thurs to St. Cloud/ Minneapolis. Call a week ahead from 8 – 5 Mon – Friday. Pick up points are located throughout the county. Call for details.

Name: **West Otter Tail Transportation** 218-998-3520 or 877-832-0168

Clientele: Elderly, disabled. Handicapped accessible with wheelchair lift

Purpose: 24 hour door to door service for local or distant medical appointments, Family outings ...

Cost: *MA and PMAP approved \$18 base for one way in wheelchair or \$12 one Way for ambulatory + \$1.40/mile. Hours: 24 hour service. Call 24 hours per day.

Vision/Hearing Assistance/Dental

For other resources, please see phone book yellow pages under such headings as eye, physician, optometrist, hearing aids, and dentists.

Visual

Name: **Minnesota State Service for the Blind**

Address: 715 11th St N Ste 205 Moorhead Mn 56560

Phone: 1-218-236-2422 or 1-800-657-3755

Clientele: Any age with visual impairments

Services: Low vision equipment such as magnifiers, talking book library, radio talking book; adjustment to blindness, rehabilitation counseling, independent living skills training, Braille training.

Cost: Most services, aids, and devices are free.

Name: **The Store**

Address: 2200 University Ave W Ste 240 St. Paul Mn 55114-1840

Phone: 1-800-652-9000 Services: Equipment such as magnifiers, lighting, canes, tactile markers, writing guides, bold paper, talking & low vision watches, clocks, calculators, thermometers, scales, players, recorders, kitchen equipment, sewing aids, cards, books, games, sunglasses. Mail order catalog available upon request.

Cost: Discounted as listed in the catalog. No handling charge.

Name: **20/20 Optical Inc.**
Address: Fergus Falls Medical Group building 615 S Mill Fergus Falls MN
Phone: 218-739-2566
Services: Magnifiers of many kinds, Magnicam (projects images to the television Screen)
Cost: Retail

Hearing

Name: Paul Sanderson, audiologist
Address: Fergus Falls Medical Group 615 S Mill Fergus Falls MN
Phone: 218-739-6841
Services: Hearing evaluations, fitting hearing aids, counseling Cost: Evaluation – Medicare, Medical Assistance, Private Insurance
Hearing Aids – Medical Assistance

Name: **Family Service Center of Clay County Deaf and Hard of Hearing Services**
Address: 715 11th Street North, Suite 204, Moorhead, MN 56560
Phone: 218-291-5880 or 1-800-456-7589 or TTY 866-488-3829
Services: Information and referral, consultation, community training, library, equipment demonstration, interpreter referral, free telephone-related equipment distribution to eligible individuals

Dental

Individual dentists may be contacted for services, making sure to note the type of payment source involved. For information regarding the availability of special clinics that may be scheduled for Medical Assistance recipients, please contact Otter Tail County Public Health at 218-998-8320.

Volunteer Services and Opportunities/Senior Centers/Support Groups

Green Thumb Inc./Experience Works 1-800-450-5627 Help to find part-time community service employment for those 55+ as well as providing classroom training, help with job seeking, and placement into private sector jobs.

Lakeland Hospice & Homecare 218-998-1400 Volunteers provide companionship in homes, transportation, office help, fundraising ... Training is available.

Retired and Senior Volunteer Program (RSVP) 800-450-2900 #114

Volunteer opportunity for people 55+ to serve in such sites as schools, nursing homes, hospital, Habitat for Humanity, parks, libraries, Hospice, food shelves, day cares, bloodmobiles.

Salvation Army 218-739-9692 Spiritual support is provided by volunteers who also provide staffing for the Thrift store. Transportation may be available for local appointments.

Senior Companion Kathy Sporre, FF Senior Citizens Program 218-736-6842 A stipend volunteer program where people aged 60+ provide one-to-one support and visitation, friend-to friend for homebound elderly at risk of nursing home placement. Call if you have a need for their service or if you would be interested in becoming a volunteer.

United Way of Otter Tail County 218-736-5147

Volunteer Coordination Service tries to find matches for the talents of volunteers and those who need them.

Volunteer Transportation Program 218-998-8150 Volunteers drive people who have no other way to get to medical appointments within Minnesota, and border cities such as Fargo and Wahpeton. The volunteers use their own cars and are reimbursed for expenses and per mile.

Senior Centers

Centers without meal service but providing socialization activities. (See Congregate Dining for Centers with meal service).

Bluffton – Community Center

Deer Creek – Community Center

Dent – 218-758-2650

Richville – 218-346-4738

Vining – Community Center 218-769-4396

Y'Folks – FF YMCA 218-739-4489

Support Groups

Support groups are available to meet your needs. Please contact Lake Region Hospital Social Services (218) 736-8000.

Addiction

SMART Recovery <http://smartrecovery.org/> (addiction recovery)
1-877-833-2327 for contact info, meeting times and dates.

Cancer

Name: **Lake Region Healthcare Cancer Care & Research Center**
Address: 908 Cascade St. South Fergus Falls MN
Phone: 218-736-8688 www.lrhc.org
Cancer education and support for patients, families and public. Call for meeting dates and times.

American Cancer Society 1-800-227-2345 (Information and resources) REACH TO RECOVERY <http://www.cancer.org/index>

Cardiac

Name: **Heartland Cardiac support group**
Address: Lake Region Healthcare Cascade St Fergus Falls MN
Phone: 218-736-8000

American Heart Assn. <http://www.heart.org/HEARTORG/>
<http://mendedhearts.org/>

Caregiver

Name: **Lutheran Social Services, Tara Giese**
Address: First Lutheran Church, 402 Court St., Fergus Falls, MN 56537
Phone: 1-800-488-4146 or 218-233-7521

Name: **Fergus Falls Morning Out: Lakeland Hospice House**
Address: 394 Woodland Drive, Fergus Falls
Phone: 218-998-1400
Contact/Info: Bonnie Wallin.

Name: **Lake Region HealthCare**
Address: 712 Cascade Ave., FF
Phone: 218-736-8000

Veteran Care Giver Support <http://www.caregiver.va.gov/>

Additional Caregiver support telephone & websites:

Senior Linkage Line – MN Board of Aging 1-800-333-2433
<http://www.mnaging.org/advisor/caregiver.htm>

Diabetes

Name: **Diabetic Support Group**
Address: Mill St. Residence, 802 S. Mill St., Fergus Falls
Phone: 218-736-8000
Contact/Info: Janice Spies, LRHC

Defeat Diabetes Foundation <http://www.defeatdiabetes.org/>

American Diabetes Association <http://www.diabetes.org/>

Diabetic Connect – A Social Network <http://www.diabeticconnect.com/>

Grief Support

Name: **Lakeland Hospice Grief Support**
Address: Lakeland Hospice House, 394 Woodland Drive, Fergus Falls
Phone: 218-998-1400 or 1-888-820-7885
open to those who are grieving the death of a loved one. The groups are confidential and free of charge.

Name: **Grief Support & Education for Adults Support Group**
Address: Perham Memorial Hospital & Home, 665 3rd St SW Perham, Lower Level Conference Room 2 (Use north entrance of nursing home).
Phone: 218-998-1400 or 1-888-820-7885, Lakeland Hospice and Home Care

Name: **Adult Grief Support Group**
Address: Elders Home conference room, 215 Tousley Avenue South, New York Mills (please use south main entrance).
Phone: 1-888-820-7885, Lakeland Hospice and Home Care

Name: **Grief Support and Education** for parents/grandparents who have lost a child.
Address: New York Mills Public Library meeting room.
Phone: 1-888-820-7885, Lakeland Hospice and Home Care.

Memory/Alzheimers

Name: **Alzheimer Caregivers Support Group**
Address: Pioneer Care Center, 1131 Maybelle Avenue S., Fergus Falls
(Pioneer Prayer Chapel)
Phone: 218-998-1500 Contact - Chaplain Harry Olson

Information Helpline 1-800-272-3900

Mental Health

Name: Fonda Knudson, Regional Resource Coordinator for
<http://www.mhcsn.org/>
Phone: 218-998-2177 (leave a message)
Services: Support group for mental health and chemical dependency in
Fergus Falls

Name: NAMI (National Alliance on Mental Health) Recovery Support Group
Phone: 218-385-3689 or 218-346-7944 for more information.
Services: Open to adults with mental health issues.

National Institute of Mental health <http://www.nimh.nih.gov/index.shtml>

Stroke and Brain Injury

Name: Stroke Support Group
Address: Fergus Falls Public Library
Phone: 218-739-9242, Team Leader - Norma Bradow
Meeting Times: Call for Times (April through October)

American Stroke Assn. <http://www.strokeassociation.org/STROKEORG/>

MN Stroke Association: <http://strokemn.org/index.asp>

Brain Injury Association of Minnesota 1-800-669-6442 <http://braininjurymn.org/>

National Brain Tumor Society <http://www.brainumor.org/>

Violence and Sexual Assault

Domestic Violence (Survivors):
Listening Ear Crisis Center 1-800-854-9001

Name: Someplace Safe
Address: Fergus Falls
Phone: Crisis Line 1-800-974-3359
Someplace Safe <http://someplacesafe.org/SupportGroup.htm>

National Coalition against domestic violence
<http://www.ncadv.org/files/Minnesota.pdf>

Minnesota Domestic Violence resources
<http://www.aardvarc.org/dv/states/minndv.shtml>

Sexual Assault (Survivors):

Listening Ear Crisis Center 1-800-854-9001

National Center for Victims of Crimes <http://www.ncvc.org/ncvc/Main.aspx>

Minnesota Help info Line <http://www.minnesotahelp.info/public/>

MN Coalition against sexual assault http://www.mncasa.org/prevention_mn.html